

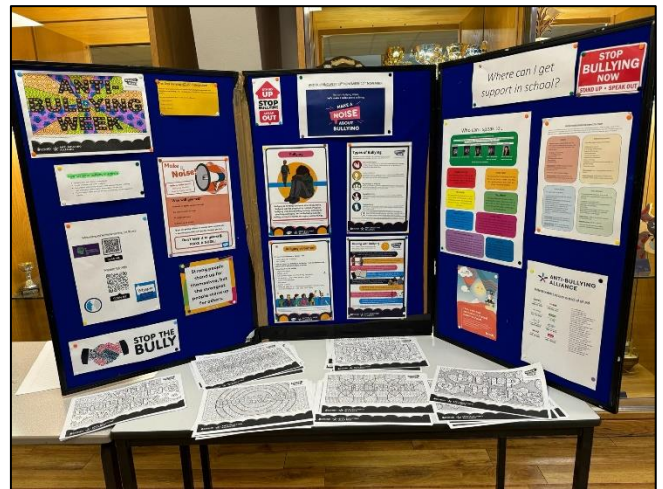
Anti-Bullying Newsletter

This academic year has been extremely productive around the work done on anti-bullying in Herschel; the ambassadors curated new ideas to engage staff and pupils while keeping the previous projects running.

TERM ONE

The year started with new ambassadors across the year groups – especially our new year sevens – getting recruited, bringing fresh outlooks to our meetings. Additionally, a new junior prefect role was created to enhance the involvement in sixth form: ‘Anti-Bullying Prefect’.

Anti-bullying week was soon approaching and all ambassadors became thoroughly involved in the activities we wanted to circulate throughout the week. One of the biggest successes we had was our ‘graffiti wall’ where the whole school had the opportunity to write kind, supportive messages for each other – encouraging Herschel’s core value of Care. We also made an informative board about support in school and various methods one can use to report any bullying. Our stand had colouring sheets with ambassadors distributing stickers to anyone who approached us!



presenting it on stage. To make this assembly unique, we gave one of our ambassadors a megaphone – putting an emphasis on “making a noise”.

This year’s focus was “Make a Noise about Bullying” which aims to strengthen the notion of speaking out for yourself and others, trying to eliminate the social fear of being called a ‘snitch’. The ambassadors took control over the assembly and incorporated audience participation as a key to reach people effectively; Anika Garg created the assembly with Eisa Nawaz, Kruththikhan Thamilvanan, Tuba Javed, Arohi Jain and Mrs. Barton

The first term ended with a huge bang, setting the pace for the rest of the year.

TERM TWO

Herschel has been highly proactive with the work done around school; we had representatives from the ‘Anti-Bullying Alliance’ come in to film staff, pupils and ambassadors to communicate the projects we have implemented and the improvements they provided. Anika Garg as the Anti-Bullying Prefect, along with Aisha Masroor,



Kruththikan Tamilvanan, Saanvi Bhat and Nischay Mardithaya, reflected on the initiatives taken to tackle bullying (#ifindoubtspeakout) and the types of activities we provide to build confidence within pupils.

After having regular polls on Teams, the team collected results which depicted the beneficiary impacts on attitudes with regards to bullying, as well as any areas we need to improve. Overall, the lower years are currently more engaged and responsive than the older years. In particular we would like to engage the sixth form further.

The ambassadors created another stand to go in the foyer with new activities for the school to participate in. The most rewarding was the ambassadors placing large maps of the school for students to pin where they feel the least safe; the result was student bathrooms, specifically for students in Key Stage 3. As a result, the school has installed cameras in all washrooms, monitoring the areas outside the cubicles.



We have continued to place an emphasis on standing up and speaking out for bullying by placing posters all around the school, giving students direct access to the Whisper Tool's QR code – making reporting faster and easier.

TERM THREE

The academic year is approaching an end very fast, after all the victorious projects the ambassadors created, we must continue monitoring any bullying around school while encouraging pupils to “Make a Noise”.

We are encouraging Key Stage 3 to participate in the virtual anti-bullying board game, created by Aisha Masroor. Click on the link below the picture to try it out!



<https://learnhip.com/boardgames/game.php?w=0ce68201>

There will be a push on safeguarding during the summer breaks to secure wellbeing and promote a kind, caring environment when everyone returns for the next academic year

We are all hoping to release the film from the ‘Anti-Bullying Alliance’ soon for everyone to watch! Watch this space!

Remember to **lead with kindness**.

ADDITIONAL INFORMATION FOR ADULTS

What is Bullying?

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

Potential signs of Bullying

A child may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- is frightened of walking to or from school
- changes their usual routine
- is unwilling to go to school (school phobic)
- begins to truant
- becomes withdrawn anxious, or lacking in confidence
- is afraid to use the internet or mobile phone
- is nervous & jumpy when a cyber message is received

How to report Bullying (as a parent)?

Firstly, encourage your child to speak to their Head of Learning or a trusted adult. If they are not comfortable reporting a bullying concern in person, there are online reporting tools available. The whisper tool and the Safeguarding and Wellbeing tool, both can be found on the school website here. [Anti-bullying \(herschel.slough.sch.uk\)](https://herschel.slough.sch.uk)

If bullying is not reported to the school, we are unable to provide the appropriate support to students involved and impacted by this.

Helpful Websites:

[Advice for parents and carers \(anti-bullyingalliance.org.uk\)](https://anti-bullyingalliance.org.uk)

[Bullying at school | Bullying advice for parents and children \(nationalbullyinghelpline.co.uk\)](https://nationalbullyinghelpline.co.uk)

[Bullying | How To Deal With Bullying and Getting Help | YoungMinds](#)

[Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)

Lastly, more information can be found in our school's Anti-bullying policy. [Anti-Bullying Policy](#)

I hope this newsletter informs you, as part of this growing community, about the projects happening around school and the benefits it has had in improving comfort and safety for everyone. I hope to introduce more ideas and projects next year.

Anika Garg

Anti-Bullying Ambassador and Prefect